



Rockhampton Girls
Grammar School

Est 1892

2024
Cocurricular
Handbook



A-Z OF COCURRICULAR PROGRAM

All students are expected to participate in at least one Cocurricular activity each term. There is a broad range of activities to entice student interests, increase physical and creative activity and to enrich experiences.

Along with the range of cultural and sporting cocurricular offerings, there is also a wide range of academic tutorials on offer. Students can contact their subject teachers for more information regarding tutorials.

Students signing up to team activities should aim for 100% participation in trainings and games/events, however attendance of greater than 80% is required.

ART CLUB – PRIMARY (YEARS P - 2)

Prep – 3 Primary Art club is a time for students to work creatively on art projects and activities. This time will also provide the opportunity to try new art mediums or simply get creative and explore. More information will be emailed home throughout the term.

Contact Leonie Carroll LeonieCarroll@rggs.qld.edu.au

ART CLUB – PRIMARY (YEARS 3 - 6)

Primary Art club will run on Wednesday afternoons and is a time for students to work creatively on their own projects or continue classroom work. This time will also provide the opportunity to try new art mediums and techniques or simply get creative and explore.

Contact Morgan Meredith MorganMeredith@rggs.qld.edu.au

ATHLETICS TRAINING (AGES 10 – OPEN)

Athletics training will be held on the Girls Grammar oval in Term 2 in preparation for the interhouse carnival. Training will be held on Tuesday afternoons with weekly sessions to focus on a different track or field discipline.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au.



BASKETBALL (YEARS 7-12)

Interschool basketball will run on a Tuesday afternoon from Week 3 to Week 10 throughout Term 1. The girls will compete in the Rockhampton District Interschool Sport Schoolgirls competition at various venues around Rockhampton, with the possibility of some games at Yeppoon. There will also be one training session per week after school, on a day to be determined in consultation with the team coach and players. Day students are required to provide their own transport to Interschool Competitions. Cost for this competition is \$8 per participant and students are required to hire the playing singlet from the Uniform Shop for the term. This playing singlet is to be worn with the cocurricular shorts or PE shorts.

Contact Greta Doherty Sport@rggs.qld.edu.au



BOOK CLUB (YEARS 7 – 12)

Embark on a literary journey with the Years 7-12 Book Club, where avid readers unite to explore the boundless realms of imagination. Book Club delves into a diverse selection of novels, fostering lively discussions that traverse genres and perspectives. From dissecting intricate plots to unravelling the complexities of characters, this club not only enhances literary appreciation, but also cultivates a vibrant community of young minds passionate about the power of storytelling. Members are encouraged to attend weekly meetings and obtain copies of books on our selection list.

Contact Jade Ladewig JadeLadewig@rggs.qld.edu.au

DANCE - PERFORMANCE COMPANY (YEARS 7 - 12)

This is an auditioned intermediate / advanced dance group suitable for students in Years 7-12. Dance supports girls who have prior dance experience or who currently study dance at School. A high level of commitment is required, as this is a performance group. It is expected that students will attend all rehearsals as well as the competitions and performances that occur throughout the year. Each member is expected to be part of the team as well as continuing to excel in the art of dance. This will be an additional cost and commitment.

Contact Sophie Harwood SophieHarwood@rggs.qld.edu.au



EQUESTRIAN (YEARS 4 - 12)

To compete in Interschool competitions students require their own horse and must be a member of Equestrian Australia and/or Pony Club. The School offers agistment at Bouldercombe; information regarding Equestrian Queensland can be found here <https://www.qld.equestrian.org.au/>

The School's Campdraft competitors compete in the annual Interschool Campdraft held at Dalby Showgrounds in early October. Additional to this, the Equestrian team competes in a local interschool Gymkhana at Alton Downs in September. Students involved in the Equestrian Team are encouraged to participate in the annual Bulls 'n' Barrels event, a fundraiser organised through the Parents and Friends Association, aimed at raising funds and awareness for the Breast Cancer Foundation.

Contact Salena McBride SalenaMcBride@rggs.qld.edu.au





FUTSAL (YEARS 7-12)

Interschool futsal will run for 5 weeks in Term 4 on a Wednesday afternoon. The girls will compete in the Rockhampton District Interschool Sport Schoolgirls competition at various venues around Rockhampton, with the possibility of some games at Yeppoon. There will also be one training session per week after school, on a day to be determined in consultation with the team coach and players. Day students are required to provide their own transport to Interschool Competitions. Cost for this competition is \$8 per participant and students are required to hire the playing shirt from the Uniform Shop for the term. This playing shirt is to be worn with the cocurricular shorts or PE shorts.

Contact Greta Doherty Sport@rggs.qld.edu.au

FOOTBALL (YEARS 7-12)

Interschool football (soccer) will run on a Thursday afternoon from Week 2 to Week 8 throughout Term 3. The girls will compete in the Rockhampton District Interschool Sport Schoolgirls competition at various venues around Rockhampton, with the possibility of some games at Yeppoon. There will also be one training session per week after school, on a day to be determined in consultation with the team coach and players. Day students are required to provide their own transport to Interschool Competitions. Cost for this competition is \$8 per participant and students are required to hire the playing shirt from the Uniform Shop for the term. This playing shirt is to be worn with the cocurricular shorts or PE shorts.

Contact Greta Doherty Sport@rggs.qld.edu.au

GET ACTIVE (YEARS P - 6)

Get Active is a lunchtime program for Primary students which encourages students to participate in activities with other girls within the Primary School. Students are provided with a variety of sporting equipment to use in supervised games and activities. This program is an extension of the girls Physical Activity lessons. Get Active is available each lunchtime in the CAB area.

Contact Jacqui Goltz JacquiGoltz@rggs.qld.edu.au

HIP HOP CREW (YEARS 7 - 12)

Girls Grammar Hip Hop crew is for a group of girls who love to dance but may not have any technical training. Students will be practising routines in Semester 2 to improve skills and to prepare for a Girls Rock performance. Everyone is welcome, the only requirements are enthusiasm and energy to move!

Contact Sophie Harwood SophieHarwood@rggs.qld.edu.au

GYM CLUB (YEARS 7- 12)

Exercising and keeping fit can greatly help students with sleeping, concentrating, and studying. What better way to do this than to use the gym facilities at Girls Grammar. As a minimum, the gym is open for students to use once a week, under supervision. With the combination of cardiovascular, free weight, body weight and machine weight equipment, the students will have the opportunity to train for their own wellbeing and health or focus on fitness relevant to a particular sport. A personalised training program can be designed to keep the students motivated. Parent permission via Parent Lounge is required.

Contact Donna Bennett DonnaBennett@rggs.qld.edu.au

MUSIC – MOLTI VOCE (YEARS 7 - 12)

This vocal ensemble is open to all students in Years 7 - 12 who would like to experience singing in a group. Students in the choir will learn valuable skills of teamwork, responsibility and confidence building as they prepare for performances at the Rockhampton Eisteddfod and various Girls Grammar and community functions and events. This group rehearses in Clubs time on a Thursday afternoon.

Contact Jessica Dawes JessicaDawes@rggs.qld.edu.au



MUSIC – BELLA VOCE (YEARS 7 - 12)

Bella Voce is the Schools' premier singing ensemble, called on to sing at school and community events throughout the year as well as preparing for competitions such as the Rockhampton Eisteddfod and graded examinations. The group is a small, auditioned singing group from the secondary school rehearsing Monday afternoon from 3.10pm to 4.15pm. All students wishing to be involved in this ensemble must also participate in Molt Voce.

Contact Christina Bond ChristinaBond@rggs.qld.edu.au

MUSIC - CONCERT BAND (YEARS 7 - 12)

Concert Band rehearses on a Tuesday afternoon 3.10pm to 4.10pm and is open to students playing woodwind, brass and percussion instruments. They will work towards school events, group examinations or local competitions such as the Rockhampton Eisteddfod.

Contact Jessica Dawes JessicaDawes@rggs.qld.edu.au

MUSIC - STRING ENSEMBLE (YEARS 3 - 12)

The string ensemble rehearses Tuesday 12.45pm to 1.15pm and is open to all string players. They will work towards school events, group examinations or local competitions such as the Rockhampton Eisteddfod.

Contact Alyssa Black AlyssaBlack@rggs.qld.edu.au

NETBALL - CLUB (YEARS 2 - 12)

Rockhampton Girls Grammar School runs an inclusive netball program that ranges from Years 2 to 12. Girls have the opportunity to play in the Rockhampton Netball Association competition which is played on Monday, Tuesday and Wednesday evenings at Jardine Park netball courts from February to September. With the help of many coaches and managers, the girls will be training a minimum of once a week and have the opportunity to improve their skills all year. Trials are held at the start of the year and are open to all students. Players are required to hire the Girls Grammar A-Line netball dress from the uniform shop, which must be worn with plain navy tights or the Girls Grammar sublimated tights available for purchase from the uniform shop. The cost for club netball ranges from \$200 - \$450 depending on the playing division and number of seasons played. Players are also provided opportunities to participate in the Sullies Carnival and the Cap Coast carnival each year at an additional cost.

Contact Club Netball Coordinator Liz Curtis ClubNetball@rggs.qld.edu.au or Greta Doherty Sport@rggs.qld.edu.au

NETBALL – INTERSCHOOL (YEARS 5 - 6)

Rockhampton Girls Grammar School participates in the Rockhampton District Primary School Sports program in Terms 2 and 3. The Year 5 and 6 classes participate in the interschool netball competition against other primary school teams from around the district on a Friday afternoon between 12.30pm to 3.00pm at the Jardine Park Netball Courts.

Contact Jacqui Goltz JacquiGoltz@rggs.qld.edu.au

NETBALL – INTERSCHOOL (YEARS 7 - 12)

Secondary interschool netball will run on a Thursday afternoon from Week 1 to Week 8 throughout Term 2. The girls will compete in the Rockhampton District Interschool Sport Schoolgirls competition at the Jardine Park netball courts from 4.00pm to 8.00pm. There may also be one training session per week after school, on a day to be determined in consultation with the team coach and players. Day students are required to provide their own transport to Interschool Competitions. Cost for this competition is approximately \$30 per participant. Players are required to hire the Girls Grammar A-Line netball dress from the uniform shop, which must be worn with plain navy tights, or the Girls Grammar sublimated tights available for purchase from the uniform shop.

Contact Greta Doherty Sport@rggs.qld.edu.au



OZTAG (YEARS 7 - 12)

Girls Grammar nominates teams into the Club Oztag competition held on Monday nights. There are two seasons. February to May and May to August. The girls will compete against other Senior Club teams. This is a community competition playing in the ladies' divisions and Girls Grammar teams are graded based on ability level for students in Years 7 - 12. Teams will undertake one training session per week to develop their individual skills, game specific fitness, and team cohesion. There will also be one training session per week after school on a Monday. Day students are required to provide their own transport to the competition. Cost for this competition is approximately \$125 per participant. Students are required to hire the playing singlet from the Uniform Shop, which is to be worn with the Girls Grammar Oztag shorts available from the Uniform Shop.

Contact Greta Doherty Sport@rggs.qld.edu.au

OZTAG - ALL SCHOOLS COMPETITION (YEARS 8 -12)

Girls Grammar take a senior representative team away to the Queensland Oztag All Schools Carnival held on the Sunshine Coast in August each year. Trials are held late in Term 1 and training is scheduled before school and on weekends in the lead up to the carnival which has a strict attendance and commitment policy. The team will play together in the local Club Competition for both Semester 1 and part of Semester 2. Students selected to represent the school at this event will encounter excursion costs between \$600 to \$1000. Further details are released throughout the school year.

Contact Greta Doherty Sport@rggs.qld.edu.au

READERS CUP (YEAR 5)

Readers Cup is organised by the Qld Branch of the Children's Book Council of Australia. It is a state wide competition for young readers. Teams of four to five students together read a set of books, and then compete with other teams to answer quiz questions from the books. Winners from regional competitions then compete in a state final. Readers Cup competitions challenge students to read widely, work collaboratively in a team and continue developing a love of reading. It allows readers to compete at a regional and state level similar to sporting competitions and to meet other students with an equal passion for books. Readers' Cup will be held in Term 2 Week 2, April 24 2024 at Frenchville State School. Students selected in Year 5 will meet weekly in Term 1 to prepare for the event in Term 2.

Contact Vanessa Hemson VanessaHemson@rggs.qld.edu.au

RUGBY 7'S (YEARS 7 -12)

QLD Rugby Development Officers will be attending Girls Grammar on Monday afternoons to teach fundamental ball, movement, and contact skills. Throughout the year, students will have the opportunity to participate in the interschool competition (Term 1) and carnivals (Terms 3 and 4) if they have been able to safely demonstrate the required skills at the development sessions. Attendance at development sessions is compulsory for participation in rugby competitions.

Players will need to have a mouthguard, football boots (moulded soles, no metal tags) and personal water bottle as these items are compulsory at all training sessions and games. Other personal protective equipment can also be worn at the players discretion, such as head gear and shoulder pads. These items are not compulsory but are highly encouraged. Parent Lounge approval will be a mandatory requirement due to the high-risk nature of this activity.

Participation costs for Rugby 7s ranges from \$15 to \$25 for most local competitions and carnivals, with the Monday development sessions being run at no cost to participants. Regional carnivals requiring travel and/or overnight stays with incur larger fees. Players are provided a playing jersey, which is returned at the end of each competition/carnival. Players need to purchase their own cocurricular rugby shorts from the Uniform Shop to wear in competitions.

Contact Greta Doherty GretaDoherty@rggs.qld.edu.au



RUGBY LEAGUE (YEARS 7-12)

Interschool rugby league will run on a Wednesday for 8 weeks throughout Term 2. There will also be one training session per week after school, on a day to be determined in consultation with the team coach and players.

The girls will compete in the Rockhampton District Interschool Sport Schoolgirls competition at various venues around Rockhampton and Yeppoon with games occurring between 3.30pm-8.00pm. Mouthguards and football boots are compulsory for participation in this program. Other personal protective equipment can also be worn at the players discretion, such as head gear and shoulder pads. These items are not compulsory but are highly encouraged. Parent Lounge approval will be a mandatory requirement due to the high-risk nature of this activity.

Participation costs will be approximately \$25 per participant. Players are provided a playing jersey, which is returned at the end of the competition. Players need to purchase their own cocurricular rugby shorts from the Uniform Shop to wear in competition games.

Contact Greta Doherty Sport@rggs.qld.edu.au

ROWING (YEARS 7 -12)

Learn to Row sessions will be provided in Term 1 consisting of technique work at the Girls Grammar gym using the ergo machines, then progress to on-water sessions throughout the term.

In Terms 2 and 3, training is held at the Girls Grammar gym on Monday afternoons, and the Fitzroy River Rowing course on Thursdays from 3.30pm to 5.30pm and Saturdays from 7.00am to 9.00am. The girls will have the opportunity to participate in four local regattas held between May and September. The cost of the Girls Grammar program for 2024 is \$400. Racing zoot suit and training shirt are also available for purchase as an optional extra. Students may also choose to participate in other Regional, State and National regattas as their skill levels progress at additional costs.

Contact Greta Doherty Sport@rggs.qld.edu.au





RUNNING CLUB (YEARS 4 -12)

Sometimes, after a hard week of studying and learning, the best thing to do is to go for a run. For all of those who enjoy being outside, releasing some energy, keeping fit and encouraging others, this is a club for you. With varying distances and intensities, the students can choose their own pace. Every Friday afternoon, we will be running around the cross-country track, churning up the flats and flying down the hills.

Contact John Fry JohnFry@rggs.qld.edu.au

SHOW TEAM (YEARS 7 -12)

As part of the Girls Grammar Show Team program, students will attend weekly training sessions onsite at the upgraded Agricultural Plot adjacent to the ELC. This will align with the ongoing expansion and development of the school's agricultural program. The training sessions will commence in Week 3 and will be held Thursday afternoons (2.15pm – 4.15pm); this will incorporate clubs time in lesson 6 and an hour after school. During these training sessions, students will have the opportunity to learn and develop their skills in cattle judging and selection. In addition, students will learn about cattle breeds, conformation, muscling, and market suitability.

Show Team formal uniform consists of clean, plain, and tidy dark blue jeans, a plain belt, and smooth sole boots. They will wear a light-coloured (no black) Akubra (or similar) and pink School shirt to the calendared shows for preparation, as well as the pink check shirt for formal presentation, and judging. Blazers will be worn for judging events. White coats, scarves and canes will be provided. A once off annual charge is required for Show Team members, determined by the number of students, and shows attended. A tentative list of shows that we will attend is available in the school calendar.

Contact Salena McBride SalenaMcBride@rggs.qld.edu.au



SURF LEAGUE (YEARS 7 - 12)

Held once a year the SLSQ Secondary School Surf League program has been designed to introduce students to surf lifesaving skills and competition. The SLSQ Secondary School Surf League will encompass activities relating to surf swimming, beach sprints and flags, board paddling and rescue disciplines. The format of the league will challenge and enable students to test their abilities against themselves, the environment, and students from other schools. The venue for this competition has not been set for 2024, however, participants can expect to travel to either Emu Park or Tannum Sands. Day students will be required to organise their own transport to the event.

Contact Vanessa Hemson VanessaHemson@rggs.qld.edu.au



SWIMMING CLUB (YEARS 4 - 12)

Fitness swimming is held in the Girls Grammar pool between 3.15pm and 4.15pm on Tuesday and Thursday afternoons during Terms 1 and 4. The girls are involved in various water activities that increase their heart rate, confidence and level of safety in the water. Girls will be given a program to follow to improve their general swimming ability or will be allowed to work on their own program at their own pace.

Contact Scott Fuller ScottFuller@rggs.qld.edu.au

TOUCH - ALL SCHOOLS COMPETITION (YEARS 8 - 12)

Girls Grammar take a senior representative team away to the All Schools Touch Carnival held on the Gold Coast each year. The competition includes schools from throughout Queensland, with some interstate and international teams being invited. Trials are held in Term 2 and training is scheduled before school and after school in the lead up to the carnival which is held in the first week of Term 4. The team will play together in the local Club Competition during Semester 2. Students selected to represent the school at this event will encounter excursion costs between \$800 to \$1100. Further details are released throughout the school year via school notices and email.

Contact Greta Doherty Sport@rggs.qld.edu.au

TOUCH – SENIOR CLUB AND COMPETITIONS (YEARS 7 - 12)

Girls have the opportunity to play in the Rockhampton Touch Association competition which is played on Wednesday nights. This is a local open ladies' competition that is graded from A to D for students in Years 7 - 12. Teams are organised and entered in the division that best suits their ability. The Wednesday night competition plays Season 1 from February to June and Season 2 from August to November. Teams will have one training session per week after school. Players are required to hire a playing singlet from the Uniform Shop, which is to be worn with the cocurricular shorts or tights. The cost to participate is approximately \$130 per season, with a yearly membership fee also paid to Touch Football Australia which is approximately \$25.

During Term 3, there is an interschool touch football competition which is played on Tuesday afternoons. This is a short season that is open to all students in Years 7 - 12 and the number of teams entered will be determined by participation numbers. Players are required to hire a playing singlet from the Uniform Shop, which is to be worn with the cocurricular shorts or tights, or the PE shorts. The cost to participate is \$8 per student.

Contact Greta Doherty Sport@rggs.qld.edu.au

TOUCH – JUNIOR CLUB AND COMPETITIONS (YEARS 1 - 8)

Girls Grammar nominates teams to play in the Rockhampton Junior Touch Association competition which also has two seasons throughout the year. This competition is organised in age divisions.

Season 1 is played on Friday nights from March to June and the age divisions include 10 years and under (minimum age is 8 years) and 12 years and under. Teams will also have one training session each week after school. Season 2 is played Saturday mornings from August to November. Saturday morning age divisions are 8 years and under, 10 years and under, and 12 years and under. The Rockhampton Junior Touch Association also has a 6 years division on Saturday morning, however Girls Grammar does not nominate teams in this division. These players can play in the 8 years and under team if numbers allow, however, preference is given to the girls aged 7 and 8.

The cost of registration is approximately \$75 per season, with a yearly membership fee also paid to Touch Football Australia which is approximately \$25.

Contact Greta Doherty Sport@rggs.qld.edu.au

VOLLEYBALL (YEARS 7-12)

Interschool volleyball will run on a Tuesday afternoon for 5 weeks throughout Term 4. There will also be one training session per week after school, on a day to be determined in consultation with the team coach and players. The girls will compete in the Rockhampton District Interschool Sport Schoolgirls competition at various venues around Rockhampton, with the possibility of some games at Yeppoon. Day students are required to provide their own transport to Interschool Competitions. Cost for this competition is \$8 per



participant and students are required to hire the playing singlet from the Uniform Shop for the term. This playing singlet is to be worn with the cocurricular shorts or PE shorts.

Contact Greta Doherty Sport@rggs.qld.edu.au

WATER POLO (YEARS 7 - 12)

Water Polo is available in Terms 1 and 4. The Rockhampton District Interschool competition consists of a Junior Mixed and Senior Girls division and is played on Monday afternoons. Open to girls Years 7 - 12. Mouthguards are compulsory for participation in this program. Training is held on Thursday afternoons in Term 1 and Friday afternoons in Term 4.

Contact Sophie Harwood SophieHarwood@rggs.qld.edu.au

YOUNG PLAYWRIGHTS CLUB (YEARS 7 - 12)

The Young Playwrights Club is designed to foster the creative ideas of emerging playwrights, providing students with the tools they need to prepare unique theatrical works. Students meet once a week to share their progress, trial ideas and receive feedback on their writing, with prompts and challenges issued to inspire and support them as they experiment with form and style. Throughout the year, students will have the opportunity to see their works translated from the page to the stage at various school events. Club members will also prepare their pieces for submission to the Young Playwrights' Award hosted by Queensland Theatre in June.

Contact Emma Girle EmmaGirle@rggs.qld.edu.au

